



Adolescence

- Traditional time frames 13–19 yrs. old.
- Transitional process of adolescence is becoming more complex (Coleman & Hendry, 2004)
- Adolescence has lengthened at the beginning and at the end.

Adolescence

- Young people remain at the parental home for a longer period.
- Economically dependent until their mid-twenties.
- Puberty is starting earlier.
- Young people mature socially at an earlier age today.

Adolescence

- Adolescent stage – now begins for some as early as nine or ten years.
- Does leaving home signify end of adolescence?
- Sexually active and consumers of adult "lifestyle" yet remain in the home of the parents.

Adolescence

Adolescence is also a time of significant psychological development:

- improvements in cognitive ability
- hypothetical and abstract thinking
- metacognition
- self-concept
- sense of self and identity
- risk-taking behaviours

Adolescence

- Time of discovery and disorientation.
- Issues of independence and identity.
- Coping with an increasingly complex social landscape.
- Peer groups are of great importance.

Adolescence

Psychosocial tasks in adolescence:

- identity development (identity vs. role confusion)
- sexual orientation
- relationship with peers and family
- alcohol and drug use
- social roles
- career prospects



"The adolescent phase of life can be viewed as a series of interrelated *transitions* between childhood and adulthood" (Christholm & Hurrelmann, 1995).

What is 'adolescence'?

Think back to your own experience of being an adolescent...

Can you remember important events during this time frame?

When (or after what event) did you feel that you entered adulthood?


